

Colonial Gastroenterology Associates

The Gluten Free Diet: Some Examples

Following are examples of foods that are allowed and those that should be avoided when eating gluten-free. Please note that this is *not* a complete list. People are encouraged to discuss gluten-free food choices with a physician or dietitian who specializes in Celiac disease. Also, it is important to read all food ingredient lists carefully to make sure that the food does not contain gluten.

Food Group	Allowed	Not Allowed
Beverages	Coffee, tea, carbonated drinks, wine made in the U.S., rum, some root beer	Ovaltine, malted milk, ale, beer, gin, whiskey, flavored coffee, herbal tea with malted barley
Milk	Fresh, dry, evaporated, or condensed milk, cream, sour cream, whipping cream, yogurt	Malted milk, some commercial chocolate milk, some non-dairy creamers
Meat, fish, poultry	Fresh meats, fish, other seafood, and poultry; fish in canned oil, brine, or water; some hot dogs and lunch meat	Prepared meat containing wheat, rye, oats, or barley; tuna canned in vegetable broth
Cheese	All aged cheese, such as cheddar, Swiss edam, parmesan; cottage cheese; cream cheese; pasteurized processed cheese, cheese spreads	Any cheese product containing oat gum, some veined cheeses (bleu, stilton, Roquefort, gorgonzola)
Potato or other starch	White and sweet potatoes, yams, hominy, rice, wild rice, gluten-free noodles, some oriental rice and bean thread noodles	Regular noodles, spaghetti, macaroni, most packaged rice mixes, seminola, spinach noodles, frozen potato products with wheat flour added
Cereals	Hot cereals made from cornmeal, cream of rice, hominy, rice, puffed rice, Kellogg's corn pops, cereal made without malt	All cereals containing wheat, rye, oat, or barley; bran; graham; wheat germ; durum; kaska; bulgar; buckwheat; millet; triticale; amaranth; spelt; teff; quinoa; kamut
Vegetables	All plain, fresh, frozen, or canned vegetables; dried peas and beans; lentils; some commercially prepared vegetables	Creamed vegetables, vegetables in canned sauce, some canned baked beans, commercially prepared vegetables and salads
Fruits	All fresh, frozen, canned, or dried fruits; all fruit juices; some canned pie fillings	Thickened or prepared fruits; some pie fillings; raisins and dried dates that have been dusted with flour

Fats	Butter, margarine, vegetable oil, nuts, peanut butter, hydrogenated vegetable oils, some salad dressings, mayonnaise, non stick cooking spray	Some commercial salad dressings, wheat germ oil, non-dairy cream substitutes, most commercial gravies and sauces
Soups	Homemade broth and soups made with allowed ingredients, some commercially canned soups, specialty dry soup mixes	Most canned soups and soup mixes, bouillon and bouillon cubes with hydrolyzed vegetable protein
Desserts	Cakes, quick breads, pastries, and puddings made with allowed ingredients; cornstarch; tapioca and rice puddings; some pudding mixes; custard; ice cream with few, simple ingredients; sorbet; frozen yogurt; meringues; mousse; sherbets	Commercial cakes, cookies; pies made with wheat, rye, oats, or barley; millet, amaranth, buckwheat, spelt, teff, quinoa, kamut; prepared mixed; puddings; ice cream cones; jell-o instant pudding; cream fillings; products made with brown rice syrup
Sweets	Jelly, jam, honey, brown and white sugar, molasses, most syrups, some candy, chocolate, pure cocoa, coconuts, marshmallows	Commercial candies dusted with wheat flour, butterscotch chips, flavored syrups, sweets containing malt/malt flavorings, some brown rice syrup, some corn syrup
Miscellaneous	Salt, pepper, herbs, herb extract, food coloring, cloves, allspice, ginger, nutmeg, cinnamon, chili powder, tomato puttee and paste, olives, active dry yeast, bicarbonate of soda, baking powder, cream of tartar, dry mustard, some condiments, apple cider, rice or wine vinegar	Curry powder, dry seasoning mixes, gravy extracts, meat sauces, catsup, mustard, horseradish, chip dips, most soy sauce, some distilled white vinegar, instant dry baking yeast, some cinnamon, condiments made with wheat-derived distilled vinegars, communion wafers/bread, some alcohol based flavoring extracts

Source: Food and Nutrition Services, The University of Iowa Hospitals and Clinics. (1996). Gluten Restricted, Gliadin Free Diet. Iowa City, Iowa: The University of Iowa Hospitals and Clinics.

For More Information

American Dietetic Association

120 South Riverside Plaza, Suite 2000
Chicago, IL 60606-6995
Phone: 1-800-366-1655 or 1-800-877-1600
Email: hotline@eatright.org
Internet: www.eatright.org

Celiac Disease Foundation

13251 Ventura Blvd #1
Studio City, CA 91604
Phone: 818-990-2354
Fax: 818-990-2379
Email: cdf@celiac.org
Internet: www.celiac.org

Celiac Sprue Association/ USA Inc.

P.O. Box 31700
Omaha, NE 68131-0700
Phone: 1-877-272-4272 or 402-558-0600
Fax: 402-558-1347
Email: celiacs@csaceliacs.org
Internet: www.csaceliacs.org

Gluten Intolerance Group of North America

15110 10th Avenue, SW., Suite A
Seattle, WA 98166
Phone: 206-246-6652
Fax: 206-246-6531
Email: info@gluten.net
Internet: www.gluten.net

National Foundation for Celiac Awareness

124 South Maple Street
Ambler, PA 19002
Phone: 215-325-1306
Email: info@celiacawareness.org
Internet: www.celiacawareness.org

North American Society for Pediatric Gastroenterology, Hepatology and Nutrition (NASPGHAN)

P.O. Box 6
Flourtown, PA 19031
Phone: 215-233-0808
Fax: 215-233-3918
Email: naspghan@naspghan.org
Internet: www.naspghan.org

www.cdhnf.org